

**Warden Message
U.S. Embassy Praia
November 5, 2009**

This Warden Message alerts U.S. citizens to the latest information regarding human cases of: (1) dengue fever; (2) 2009-H1N1 Influenza, sometimes referred to as swine flu or novel H1N1; and (3) malaria.

Dengue Fever

The Cape Verdean Ministry of Health has reported over 3,000 suspected cases of dengue fever in the country as of late October. The first officially reported death from this disease for this year was announced on November 2.

Dengue fever, a viral illness spread by mosquitoes, is endemic in most tropical areas of the world. Outbreaks occur primarily in the rainy season. There is no vaccine for dengue fever, and no specific treatment. Symptoms include the sudden onset of high fever, severe muscle, joint and lower-back pain ("breakbone fever"), retro-orbital pain, nausea, vomiting, and generalized weakness. Early symptoms, however, are often nonspecific and overlap those of other illnesses, which may confuse the diagnosis.

To prevent exposure to dengue, protect against mosquito bites with repellent, protective clothing, and screened windows. Note that unlike the mosquitoes that spread malaria, the type of mosquito that carries dengue bites during daytime hours and are most active during the first two hours after dawn and the last two hours before dusk. Also, to help prevent mosquito infestations, eliminate any standing water around your home.

H1N1 Influenza

The Cape Verdean Ministry of Health has reported a total of 69 confirmed cases of H1N1 influenza, as of October 27, 2009. To date, local authorities have not taken any restrictive action regarding travel to or within Cape Verde. The Ministry of Health has created a public emergency flu hotline that is staffed by a doctor 24 hours a day. The hotline may be reached by calling 115.

For more information on U.S. Government policy during a pandemic, and for travel safety information, please see the State Department's "Pandemic/Avian Influenza" and "Remain in Country" fact sheets on www.travel.state.gov. Further information about H1N1 Influenza, including steps you can take to stay healthy, can be found at the U.S. Centers for Disease Control website at <http://www.cdc.gov/h1n1flu/>, the U.S. Government pandemic influenza website at <http://www.pandemicflu.gov>, and the World Health Organization website at <http://www.who.int/csr/disease/swineflu/en/index.html>.

Malaria

Malaria is a serious and sometimes fatal disease, transmitted by mosquitoes. Malaria exists in Cape Verde, although not to the extent found on the mainland in Africa. People with malaria often experience fever, chills, and flu-like illness. Left untreated, they may develop severe complications and die. The risk of contracting malaria is mainly limited to the island of Santiago, with a higher risk from July to December. This year, unusually heavy rains may have contributed to an increased incidence of the disease. The press has reported 32 cases on the island of Santiago since mid-October.

It is recommended that travellers take preventative measures while visiting Cape Verde. The CDC has determined that a traveller who is on an appropriate anti-malarial drug has a greatly reduced chance of

contracting the disease. In addition, other personal protective measures, such as the use of insect repellents and eliminating areas of standing water around one's house, may help to reduce malaria risk. Travellers who become ill with a fever or flu-like illness while travelling in a malaria-risk area and up to one year after returning home should seek prompt medical attention and tell the physician their travel history and the names of the anti-malarial drugs they have been taking.

For additional information on malaria, protection from insect bites, and anti-malarial drugs, please visit the Centers for Disease Control and Prevention (CDC) travelers' health website.

Other Information

Any questions or concerns about influenza or other illnesses should be directed to a medical professional. Although the Embassy cannot provide medical advice or provide medical services to the public, a list of hospitals and doctors can be found on our website at <http://praia.usembassy.gov/>.

Please note that the Embassy is NOT advising Americans in Cape Verde to depart. At this time, the Embassy advises that Americans review the guidance provided by the U.S. Centers for Disease Control and the World Health Organization, and make their own decisions about whether to remain in Cape Verde.

American citizens should be aware that the Embassy cannot demand their immediate release if they have been detained or quarantined in accordance with local public health and legal authorities.

U.S. citizens may also call the Office of Overseas Citizens Services in the United States for the latest travel information. The Office of Overseas Citizens Services can be reached from 8:00 a.m. until 8:00 p.m. Eastern Daylight Time, Monday through Friday, by calling 1-888-407-4747 from within the U.S. and Canada, or by calling (202) 501-4444 from other countries.

Americans living or travelling in Cape Verde are encouraged to register with the nearest U.S. Embassy or Consulate through the State Department's travel registration website, <https://travelregistration.state.gov/ibrs/ui/> so that they can obtain updated information on travel and security within Cape Verde. Americans without Internet access may register directly with the nearest U.S. Embassy or Consulate. By registering, American citizens make it easier for the Embassy or Consulate to contact them in case of emergency. The U.S. Embassy is located at Rua Abilio Macedo 6, Praia, Cape Verde (tel: 238-260-8900 or 238-260-8948; fax: 238-261-1355; emergency after-hours: 238-991-3325; e-mail: PraiaConsular@state.gov; and website: <http://praia.usembassy.gov>).